

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

Claims 1-14. (canceled)

15. (Previously Presented) A method for tightening skin, comprising:
- providing a filament light source for delivering light energy to an area of skin;
  - placing a transmissive material in contact with an upper surface of the skin to be treated;
  - transmitting light energy from the light source through the transmissive material to the skin;
  - cooling the transmissive material for a predetermined time period after the termination of the transmission of light to the skin;
  - wherein the light energy transmitted to the skin and the cooling of the transmissive material create an inverted temperature profile in the skin, such that the upper surface of the skin is cooler than an area of skin below the upper surface, and wherein the light energy provides for heating a volume dermis in the skin, which is at a depth of between 1 mm to 5 mm below the upper surface of the skin, to a treatment temperature which is at least 50°C, wherein the skin is tightened as a result of heating the volume of dermis; and
  - wherein the method further includes providing a visual indication, and discontinuing the visual indication after the end of the predetermined time period.
16. (Previously Presented) The method of claim 15 further comprising, starting the cooling of the transmissive material prior to transmitting light energy to the skin.
17. (Previously Presented) The method of claim 16 further comprising, continuing the cooling of the transmissive material during the transmission of light to the skin.

## Claim 18 (canceled)

19. (Previously Presented) The method of claim 15, wherein light energy is transmitted through the transmissive material to the skin for a continuous period of time of between approximately 1.2 (one and two-tenths) seconds and 5 (five) seconds.

20. (Previously Presented) The method of claim 19 further comprising, starting the cooling of the transmissive material prior to transmitting light energy to the skin.

21. (Previously Presented) The method of claim 20 further comprising, continuing the cooling of the transmissive material during the transmission of light to the skin.

22. (Previously Presented) The method of claim 21, further comprising, continuing the cooling of the transmissive material after the termination of the transmission of light to the skin.

23. (Previously Presented) A method for tightening skin, comprising:  
providing a broadband light source for delivering light energy to an area of skin;  
placing a transmissive material in contact with an upper surface of the skin to be treated;

cooling the transmissive material for a predetermined time period after the termination of the transmission of light to the skin; and

transmitting light energy from the light source through the transmissive material to the skin, wherein light energy is transmitted through the transmissive material to the skin for a continuous period of time of between approximately 1.2 (one and two-tenths) seconds and 5 (five) seconds, and wherein the transmitted light energy operates to heat a volume dermis in the skin, which is at a depth of between 1 mm to 5 mm below the upper surface of the skin, to a treatment temperature which is at least 50°C;

wherein the method further includes providing a visual indication and discontinuing the visual indication after the end of the predetermined time period.

24. (Previously Presented) The method of claim 23 further comprising:  
cooling the transmissive material prior to and/or during the transmitting step; and  
wherein the light energy transmitted to the skin and the cooling of the  
transmissive material create an inverted temperature profile in the skin, such that the  
upper surface of the skin is cooler than an area of skin below the upper surface, wherein  
the skin is tightened as a result of heating of dermis in the area of skin below the upper  
surface.

Claim 25 (canceled)

26. (Previously Presented) The method of claim 24 wherein the cooling step includes  
initiating cooling prior to the transmission step, and ~~further comprising~~, continuing the cooling of  
the transmissive material during the transmission of light to the skin.

Claims 27-32. (canceled)

33. (Previously Presented) The method of claim 15, wherein the treatment  
temperature is at least 60°C.

34. (Previously Presented) The method of claim 32, wherein the treatment  
temperature is at least 60°C.

Claim 35 (canceled)

36. (Previously Presented) The method of claim 24, wherein the treatment  
temperature is at least 60°C.

37. (Previously Presented) The method of claim 35, wherein the treatment  
temperature is at least 60°C.

38. (Previously Presented) The method of claim 15, wherein the method further includes maintaining contact between the transmissive material and the skin until after the visual indication is discontinued.

39. (Previously Presented) The method of claim 35, wherein the method further includes maintaining contact between the transmissive material and the skin until after the visual indication is discontinued.

40. (Previously Presented) The method of claim 15, wherein the transmitting step includes applying a plurality of electrical current pulses to the filament of the filament light source, wherein a first pulse of the plurality of the electrical current pulses is the longest pulse of the plurality of pulses and operates to bring the filament to a temperature which results in the filament light source emitting light.

41. (Previously Presented) The method of claim 15, wherein the transmitting step includes:

- applying a plurality of electrical pulses to the filament of the filament light source;
- sensing light produced by the filament; and
- when a power of the light produced by the filament drops below a first power level, applying a pulse of electrical current to the filament.